

Physical Fitness Performance Standards

300 – Meter Run

Purpose:

This is a test of anaerobic capacity, which is important for performing short intense bursts of effort such as pursuits. The 300-meter run measures your anaerobic power. You must complete the run without any help. Your goal is to run the distance as quickly as possible.

1.5-Mile Run

Purpose:

This run is a measure of cardiovascular endurance or aerobic power.

The 1.5-mile run measures your cardiovascular endurance and the endurance of your leg muscles. You must complete the run without any help. Your goal is to finish the 1.5 miles in as fast a time as you can. You may walk, but walking will make it difficult to meet the standards. You may run alongside another runner for help with the pace, but you may not physically assist or be assisted by another runner. Be sure to cool down and stretch after completing the run.

1-Minute Sit-Up Test

Purpose:

This test measures the muscular endurance of the abdominal muscles. This is important for performing tasks that involve the use of force, and it helps maintain good posture and minimize lower back problems. Perform this test on a mat or carpeted surface.

The sit-up measures the muscular endurance of the abdominal muscles. Lie on your back, with your knees bent at a 90-degree angle, and your heels on the mat or ground. Your feet may be together or apart, but the heels must stay in contact with the mat or ground. Your partner can hold them for you, (but can't kneel on them). Your fingers must stay interlocked behind your head throughout the event. When told to "Go," lift your upper body by bending at the waist. Touch your elbows to your knees, and

return to the starting position. When returning to the starting position, the shoulders must touch the mat or ground. Your partner will count a repetition each time you return to the starting position. Do not arch your back or lift your buttocks from the mat. If you fail to keep your fingers interlocked, fail to touch your elbows to your knees, or your shoulders to the mat, or if you arch your back or lift your buttocks, you will receive a warning. After one warning, that repetition doesn't count. You may only rest in the up position. You will have one minute to do as many sit-ups as possible.

Maximum Push-Up Test

Purpose:

This test measures the muscular endurance of the upper body muscles in the shoulders, chest and back of the upper arms (the extensors). This is important for use of force involving pushing motion.

The push-up measures the muscular endurance of the upper body (chest, shoulders, and triceps) place your hands on the ground wherever they are comfortable, approximately shoulder width apart. Your feet may be together, or up to 12 inches apart. Your body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the exercise. When told to "Go," lower your body by bending your elbows until your upper arms are parallel to the ground. Then return to the starting position by straightening your arms. You may rest in the up position. There is no time limit. Do as many correct push-ups as possible. Your score is the number of correct repetitions.

Wisconsin State Patrol Physical Performance Standards

| Category | Percentile | 300 meter run (seconds) | 1.5 mile run (min./sec.) | Sit-ups (1 min.) | Push-ups (continuous - no time) |
|------------------|-------------|----------------------------|-----------------------------|---------------------|------------------------------------|
| Superior | | | | | |
| | 99 | 41.6 | 9:07 | 45.0 | 62 |
| | 95 | 46.9 | 10:52 | 44.0 | 43 |
| Excellent | | | | | |
| | 90 | 50.4 | 11:38 | 43.0 | 38 |
| | 85 | 54.0 | 12:20 | 39.0 | 34 |
| | * 80 | 55.7 | 12:51 | 37.0 | 32 |
| Good | | | | | |
| | 75 | 59.9 | 13:13 | 36.0 | 29 |
| | 70 | 61.9 | 13:35 | 34.0 | 26 |
| | 65 | 63.7 | 13:54 | 33.0 | 24 |
| | * 60 | 65.5 | 14:15 | 32.0 | 23 |
| Average | | | | | |
| | 55 | 67.3 | 14:28 | 31.0 | 22 |
| | 50 | 69.1 | 14:46 | 29.0 | 21 |
| | 45 | 71.1 | 14:59 | 28.0 | 19 |
| | * 40 | 73.1 | 15:20 | 27.0 | 18 |
| Fair | | | | | |
| | 35 | 75.3 | 15:37 | 26.0 | 16 |
| | 30 | 77.0 | 15:50 | 25.0 | 15 |
| | 25 | 80.7 | 16:11 | 24.0 | 14 |
| | 20 | 84.2 | 16:31 | 22.0 | 12 |

* Requirement Levels

40 % - Entry level requirements

60 % - Midterm level requirements

80 % - Final level requirements